



Are You Ready For Easter?

Well that time of the year has rolled around again very fast, Easter! And the school holidays as well, are you ready? This is usually the time when a lot of families go camping to make the most of the end of our summer season, before the cold of winter hits. And I must admit I have some very happy memories of doing this as a kid.

But are you ready? Have you checked your camping gear? Or have little rodents had a little party in your stuff?

Are your gas tanks full, and is the BBQ in good order?

Do you have all the extra bits and bobs that you need for the BBQ and the camping stuff? Like tongs, extra tent pegs, fly spray?

I tend to write lists now so that I don't forget anything, and leave it on my phone, so I can refer to it when we go camping again, and it is easy to update.

Whatever you do this Easter break, have fun, but be safe. This month I put in a quick article about sprained ankles, because that is what I do on camping holidays – sprain my ankle. Not fun, and extremely painful, so now you know why I don't go camping anymore! 😊

Ankle Sprains (Part 1)

An ankle sprain is an injury to one or more ligaments in the ankle, usually on the outside of the ankle. Ligaments are bands of tissue — like rubber bands — that connect one bone to another and bind the joints together. In the ankle joint, ligaments provide stability by limiting side-to-side movement.

Some ankle sprains are much worse than others. The severity of an ankle sprain depends on whether the ligament is stretched, partially torn, or completely torn, as well as on the number of ligaments involved. Ankle sprains are not

the same as strains, which affect muscles rather than ligaments.

Symptoms of Ankle Sprains

- Pain or soreness
- Swelling
- Bruising
- Difficulty walking
- Stiffness in the joint

Why Prompt Medical Attention Is Needed

There are four key reasons why an ankle sprain should be promptly evaluated and treated:

Weird Facts

- Bananas grow on plants that are giant herbs, and are related to the lily and orchid family
- The average weight loss of a racehorse during a race is between 6kg and 10kg
- The male fox will mate for life. If the female dies, he remains single til death.

“The future belongs to those who believe in the beauty of their dreams.”

Eleanor Roosevelt



“At Sutherland Podiatry Centre we only have one goal, which is to have our clients walk out the door delighted!”

Ankle Sprains (Part 2)



1. An untreated ankle sprain may lead to chronic ankle instability, a condition marked by persistent discomfort and a giving way of the ankle. Weakness in the leg may also develop.
2. A more severe ankle injury may have occurred along with the sprain. This might include a serious bone fracture that, if left untreated, could lead to troubling complications.
3. An ankle sprain may be accompanied by a foot injury that causes discomfort but has gone unnoticed thus far.
4. Rehabilitation of a sprained ankle needs to begin right away. If rehabilitation is delayed, the injury may be less likely to heal properly.

Non-Surgical Treatment

When you have an ankle sprain, rehabilitation is crucial — and it starts the moment your treatment begins.

Protection: This step is to help protect your ankle from getting worse by limiting movement. Immobilizing your ankle so it can begin to heal is an important step toward recovery. The other things you must do to help your ankle are: Rest, Ice, Compression, Rehabilitation and Medications. If you think you have suffered an ankle sprain, or it is not getting better call us.

Happy Easter!
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Enter our draw to win this basket of
Easter Goodies
Valued at \$120

Just enter your name
and contact details, and
if you would like to
receive our monthly
newsletter

Drawn 18th April
2019


